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Thamu Priyadarshini NT
Clinical Instructor,
Department of Medical
Surgical Nursing, Saveetha
College of Nursing, SIMATS,
Chennai, Tamil Nadu, India

Veni A
B.Sc. (N) IV Year, Saveetha
College of Nursing, SIMATS,
Chennai, India., SIMATS,
Thandalam, Chennai, Tamil
Nadu, India

Corresponding Author:
Thamu Priyadarshini NT
Clinical Instructor,
Department of Medical
Surgical Nursing, Saveetha
College of Nursing, SIMATS,
Chennai, Tamil Nadu, India

Assess the level of knowledge regarding management of varicose vein among health care workers

Thamu Priyadarshini NT and Veni A

Abstract

Introduction: Varicose veins are twisted, enlarged veins, often dark blue in colour, near to or raised above the surface of the skin mainly seen in the lower limbs. The veins can stretch from the increased pressure. This may weaken the walls of the veins and damage the valves each individual may experience symptoms differently.

Objectives: The present study objective is to assess the knowledge on prevention and management of varicose veins among health care workers.

Methodology: The research design adapted for this study was a non- experimental descriptive research design. Non-probability purposive sampling technique was adopted. Samples were selected on the basis of inclusion criteria. Samples used were 52 health care workers who are working in the Saveetha medical college and hospital. The data collection tools developed for generating the data, were a structured knowledge questionnaire to assess the level of knowledge regarding management of varicose vein.

Results: The level of knowledge regarding management of varicose vein among health care workers, mean score was 12.54 with standard deviation 3.58 with minimum score of 6.0 and maximum score of 20.0. The calculated health care workers independent 't' test value of $t = 1.389$ was found to be statistically significant at $p < 0.001$ level. This indicates that there was significant difference in the level of knowledge about varicose vein among health care workers at SMCH. This clearly infers that health care workers in SMCH had more knowledge about varicose vein.

Conclusion: This study concluded that health care workers had a good knowledge regarding management of varicose vein. Periodic health education and health promotional strategies need to incorporate for the management of varicose vein among the health care workers.

Keywords: Varicose vein, management, health care workers

Introduction

Varicose veins are normal in the shallow veins of the legs which are liable to high pressing factor when standing. Gathering of increasingly more venous blood in the shallow venous framework makes the shallow veins widened and convoluted. This state of expanded and convoluted veins in the leg because of harmed esteem between the profound and shallow venous framework is called varicose veins ^[1] (Adrianne Dill, 2010).

Varicose veins are normal in female yet on set of infection is before in guys. The occurrence is around 20 to 25% of grown-up female populace and 115% of men in western nations (World Health Association (WHO), 2013).

Varicose veins are curved, augmented veins, regularly dim blue in shading, close to or raised over the outside of the skin for the most part found in the lower appendages. The veins can extend from the expanded pressing factor. This may debilitate the dividers of the veins and harm the valves every individual may encounter side effects differently. Symptoms may incorporate Shading changes in the skin, Bruises on the legs, Rash, Sensations in the legs, like a weighty inclination, consuming, and additionally throbbing. Extreme varicose veins may ultimately deliver long haul gentle expanding that can bring about more genuine skin and tissue problems ^[3].

Professions including standing or sitting for delayed timeframes have an expanded danger of creating varicose veins i.e., store agents, servers, stylists, airline stewards, educators, medical care laborers like going to doctors, understudies and clinical understudies house staff, subject matter expert, enlisted attendants, medical caretaker's specialists and doctor's right hand, professionals, actual advisor, clinic drug specialist, social laborers, fast reaction group and other colleagues ^[2].

Medical services laborers are known to work extended periods now and again, as long as 12 hours all at once and that can weigh intensely on their legs. Specialists who do extensive medical procedures are additionally in danger of creating varicose veins. To assist with forestalling varicose veins, medical care laborers should attempt to stroll around however much they can. Medical services laborers burn through broadened times standing and strolling brief distances and are in danger for improvement of persistent venous insufficiency^[4] (CVI).

The nursing experts are compelled to represent quite a while for giving consideration particularly when they are posted in activity theater. At the point when the medical procedure is of long length they should remain till end of a medical procedure and a while later likewise for offering aftercare to the patient. Absence of rest and exercise for the lower leg muscles may prompt diminishing in tone of those "second heart of the body"^[5].

Materials and methods

The descriptive designs were utilized. Non-probability purposive sampling technique was adopted. Samples were

selected on the basis of inclusion criteria. Samples utilized were 52 health care workers who are working in the saveetha medical college and hospital. The investigator presented herself, clarified about the reason for the study and their entitlement to take an interest or pull out from the investigation to the members and the educated assent was gotten from all members. The tool comprises of two areas, Section I: It manages age in years, sexual orientation, Proficient capability, assignment and conjugal status, Section: II Assessment of knowledge in regards to varicose vein among medical services laborers. This segment comprise of two sections with various reactions was assessed by structured questionnaire developed by the investigator.

Results and discussion

Section A: Description of the demographic variables of the health care

The study shows that, most of the health care workers 34(65.4%) were aged between 21 – 30 years, 27(51.9%) were male, 41(78.8%) were BSc. Nursing, 22(42.3%) were staff nurses and 29(55.8%) were married.

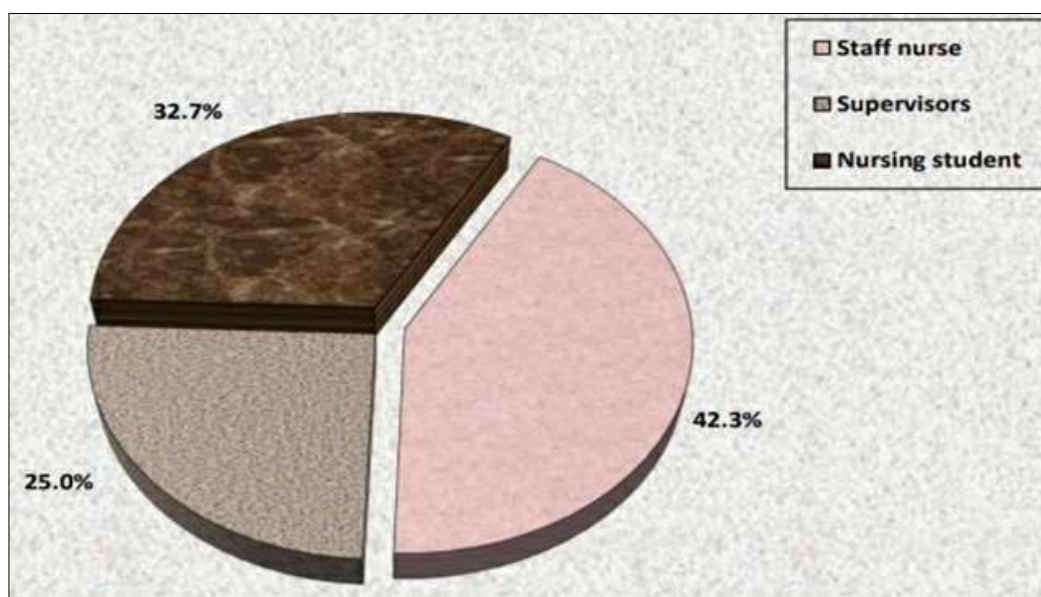


Fig 1: Percentage distribution of designation of the health care workers.

Section B: Assessment of level of knowledge regarding management of varicose vein among health care workers

Table 1: Frequency and percentage distribution of level of knowledge regarding management of varicose vein among health care workers. N=52

Level of Knowledge	No.	%
Inadequate (0 - 33%)	1	1.92
Moderate (34 – 66%)	32	61.54
Adequate (67 – 100%)	19	36.54

The above table 1 shows that 32(61.54%) had moderate knowledge, 19(36.54%) had adequate knowledge and 1(1.92%) had inadequate knowledge regarding management of varicose vein among health care workers.

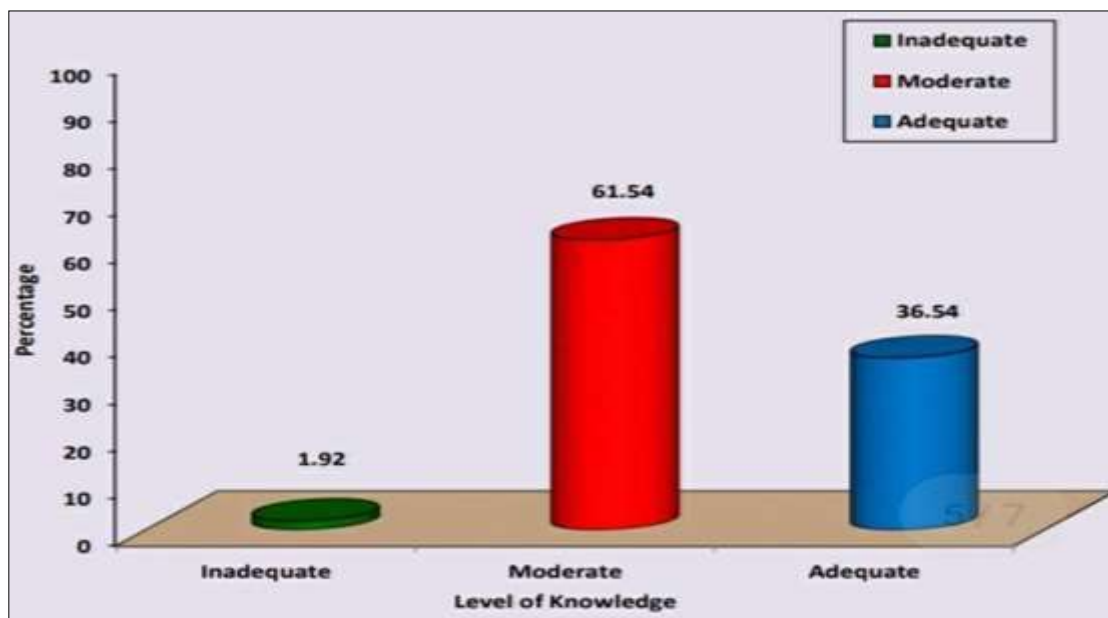


Table 2: Assessment of knowledge score regarding management of varicose vein among health care workers. n=52

Knowledge	Mean
Minimum Score	6.0
Maximum Score	20.0
Mean	12.54
Standard Deviation	3.58

The table 2 depicts that the mean score of knowledge regarding management of varicose vein among health care workers was 12.54 with standard deviation 3.58 with minimum score of 6.0 and maximum score of 20.0.

Section D: Association of level of knowledge regarding management of varicose vein among health care workers with selected demographic variables

The study shows that none of the demographic variables had shown statistically significant association with level of knowledge regarding management of varicose vein among health care workers.

This study is supported by Hanan Ramzy Ahmed Atalla, Gehan. H. Soliman, Warda Mohamed Hendy (2019) has conducted an Evaluation of Conservative Nursing Measures among Patients with Lower Limbs Varicose Vein the study was carried out to evaluate the effect of conservative management on varicose veins signs and symptoms among patients with lower limb varicose vein. A quasi-experimental design was carried out. A convenient sample of 100 varicose veins patients were included in the study. The result revealed majority of studied sample were females and almost of them were married, there was a significant improvement of a mean total knowledge score post intervention than pre intervention about varicose veins with an obvious improvement of a mean total knowledge score of knowledge about using hydrotherapy.

This study is supported by Myeong-Ja Yun *et al.*, (2017) Conducted A Study on Prevalence and Risk Factors for Varicose Veins in Nurses at a University Hospital. The result revealed A total of 414 nurses participated in the survey and diagnostic testing. From the survey analysis and test results, the prevalence of VVs in nurses was estimated to be 16.18%. Significant factors for venous reflux were age [odds ratio (OR) ¼ 1.06, 95% confidence interval (CI) ¼ 1.03e1.10], pregnancy (OR ¼ 2.15, 95% CI ¼ 1.17e3.94),

and delivery (OR ¼ 2.02, 95% CI ¼ 1.08e3.78). The statistical significance of these factors was verified after risk adjustment for sociodemographic factors (OR ¼ 3.40, 95% CI ¼ 1.27e9.09). Factors significantly associated with venous reflux were increasing age and prolonged working hours (4 hours) in a standing position (OR ¼ 2.80, 95% CI ¼ 1.08e7.25), even after risk adjustment for socio demographic factors.

This study is supported by Venisha Pearl Tauro *et al.*, (2015) Conducted A descriptive study to assess the risk factors and preventive measures of varicose veins among staff nurses selected hospital at mangaluru with a view to develop an information booklet. A Descriptive survey approach with non-experimental descriptive survey design was used for the study. Population of the study was staff nurses. The data collection tool consisted of demographic data and knowledge questionnaire. The result revealed many of the subjects (61%) were having good knowledge regarding varicose vein, followed by 26% having average knowledge, and 10% were having very good knowledge. The mean percentage of Overall level of knowledge was 59.64%. Analysis of the association between the level of knowledge and selected demographic variables exposed that there was significant association between the level of knowledge and marital status, academic qualification, years of experience in the present ward and Source of Knowledge ($P > 0.05$)

Conclusion

This the findings of the present study revealed that, the level of knowledge regarding management of varicose vein among health care workers was good and there is a need to improve the knowledge and management of varicose vein through pamphlet distribution and create awareness by conducting health education programmes.

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